

SPORTS

Newsroom: 11th Floor, Inquirer Building, 2680 Alameda (or 303 3rd Ave.)

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Inquirer TV Guide
in the Entertainment section

Ginebra Kings seek piece of lead against Beermen

By June Recarte

BARANGAY Ginebra has an ace in print after getting childhood by Sam Miguel there in their first meeting.

The two Kings are expected to see this grudge as motivation when they meet the Beermen again in the first round of the PBA Philippine Cup today at the Smart Araneta Coliseum Arena in Lawing City.

Barangay Ginebra is gunning for win No. 12 and a playoff for one of two straight semifinal berths.

"We've been lucky enough to get this far but we cannot forget how we lost to Sam Miguel in the first round," said Ginebra coach Alvin Patrimonio. "We will not rest in preparation."

The Beermen added the Ginebra, 83-72,

in the 12, which Barangay and his coach are still preparing for the final round.

Now, coach Tony Gadea and the Beermen have a record that is playing with historical and heavy odds in their favor.

Barangay Ginebra has been consistently winning double-digit figures in games and rebounds while Juvon Edwards and Mark Caguin have become one of the most reliable backcourt combinations.

Then there's Richard Terrero, Sanchez Sison, Mike Veloso and Rudy Tuliao who all have passed their month scoring all the time.

Through their efforts, the Ginebra Kings (11-5) have won half of their last five games. A victory today gives them a chance at the lead with the 88-78 San Miguel Beermen (10-6) and a guaranteed playoff for the No. 2 slot.

Gadea wrapped up his information round con-

ference with a 2-1 record. The Beermen are hoping for a Ginebra loss to force their chance for one of the top two positions that will be rewarded with outright semifinal berth at the end of the elimination.

The top two finishers after the elimination round will advance to the semifinals and have the ease of the home-court advantage and have the most of the game-winning shot and the lead in the semifinal phase and quarterfinal round.

Sam Miguel has led in 8th round and led in the 1st round of the No. 4 spot, which is also being watched closely by the Beermen.

With this, coach Gadea is not in a hurry to win the other night, the Beermen, Aces and 12th round. He wants to finish strong with a 2-1 record. Under the banner, the last two teams need to finish the No. 1 and 4 spots in the wild card round to get into the quarterfinals while Ginebra and Beermen are in the semifinals.

STANDINGS	W	L
Sam Miguel	11	5
Aces	10	6
Beermen	10	6
San Miguel	9	7
Barangay Ginebra	11	5
Alaska	8	8
Phoenix	7	9
San Juan	7	9
Red Bull	6	10
San Carlos	6	10

BARANGAY Ginebra (11-5)
Beermen (10-6)
San Miguel (9-7)
Aces (8-8)
San Juan (7-9)
Phoenix (7-9)
Alaska (6-10)
Red Bull (6-10)
San Carlos (6-10)

For your out-of-warranty Toyota, where would you bring your car?

NEIGHBORHOOD TALKER?

OR TO THE EXPERT?

THUNDER SERVICE

Advise

THUNDER SERVICE

For a worry-free service for your out-of-warranty Toyota vehicle, trust only Thunder service.

THUNDER SERVICE

COMMITMENT SERVICE. UNMATCHED VALUE.

TOYOTA

THUNDER SHOWERS

GET A CHANCE TO WIN A BRAND NEW CELLPHONE!

Are you a Toyota owner? Get a chance to win one of 100 brand new Nokia 6600 and give your Toyota a Thunder Shower. Simply answer your phone and you'll receive a chance to win a brand new Nokia 6600 and give your Toyota a Thunder Shower. Simply answer your phone and you'll receive a chance to win a brand new Nokia 6600 and give your Toyota a Thunder Shower. Simply answer your phone and you'll receive a chance to win a brand new Nokia 6600 and give your Toyota a Thunder Shower.

Prize ends 12/31/06. See rules for details.

Car bomb attacks in Najaf, Karbala kill at least 62 people

Bush named Time 'Person of the Year'

WASHINGTON—President George W. Bush was named Time magazine's Person of the Year, after a contentious victory that was widely seen as the "Year of the War on Terror."

MIAMI—Iraqi car bombs tore through a Shiite funeral procession and Karbala's main mosque, killing at least 62 people and wounding more than 120 in the two Shiite holy cities. In Baghdad, gunners launched a ballistic missile, causing three election officials, in their cars, to be killed and scores wounded.



IRAQI view the destruction from the powerful car bomb attack in the holy city of Najaf Dec. 28. Shiite car bombers struck Iraq's two main Shiite holy cities of Najaf and Karbala on Sunday, killing at least 62 people and wounding nearly 100, in coordinated attacks 10 weeks before a U.S. election.

The deadly attack Sunday highlighted the potential ability of the Iraqi government to launch a campaign of violence against the U.S. and its allies, despite coalition warnings by U.S. military commanders that they had targeted the strike. But after last month's campaign against militants in Baghdad.

Results of violence of the two attacks in Najaf and Karbala prompted Sunday for the staging of massive funerals, keeping in line with Shiite tradition to bury the dead within 72 hours.

Police and Iraqi National Guard troops set up checkpoints throughout Najaf and increased numbers of security personnel around Shiite religious sites.

In the Baghdad-based Shiite community of Qadisiyah—about 40 miles from Baghdad—about 100 people were killed in a car bomb attack Sunday. They were a Shiite militia unit that was active in the city.

It said that there were 100 people killed in the car bomb attack in Karbala, which the attack was a "major event," said the Shiite cleric. They were a Shiite militia unit that was active in the city.

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Controversy mounts over Rumsfeld's leadership

WASHINGTON—Policymakers in Washington Monday debated whether Secretary of Defense Donald Rumsfeld should hold onto his job, as controversy continued to mount over his leadership of U.S. military efforts in Iraq.

U.S. Sen. Chuck Hagel became the first in a steady stream of leading Republicans to express a lack of confidence in the Iraq war.

even, although he stopped short of calling for the defense secretary's resignation, saying U.S. President George W. Bush must make that call.

Hagel called the U.S. military's continued struggle "a manifestation of a state of mind, not a state of mind."

before a handful of advisers killed in Iraq, he has been to the U.S. Capitol to see the president.

"I want to see the president," Hagel said. "I want to see the president."

sign each time," the defense chief said, according to the New York Times.

In recent days, several top Republicans, including Senate and House leadership, have expressed their doubts about Rumsfeld's leadership.



RUMSFELD

Roche's cancer drug Avastin wins Swiss nod

ZURICH—Roche AG's cancer drug Avastin has been approved by Swiss medical authorities, paving the way for it to be launched in other European countries, the Swiss drug maker said on Monday.

Roche, which works by blocking some of the blood supply to tumors, has been approved as a first-line treatment for patients with metastatic cancer of the colon or rectum in combination with the chemotherapy drug 5-fluorouracil.

With prices around \$10,000 a month, Roche's cancer drug Avastin is one of the most expensive drugs in the world.

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Mystery bidder grabs Yukos crown jewel as Russia dismantles oil firm

MOSCOW—A mystery bidder grabbed the crown jewel of Russia's oil giant Yukos Monday from Russia's state-owned oil company.

Defying an order from the state-owned oil company, the mystery bidder bought the crown jewel of Russia's oil giant Yukos Monday from Russia's state-owned oil company.

the auction, but it is reportedly a Russian-owned company.

The purchase of Yukos' crown jewel is a major victory for the state-owned oil company.

own assets, maintained a veil of mystery about the sale.

But analysts said that it was a huge offer for Yukos' crown jewel.

The purchase of Yukos' crown jewel is a major victory for the state-owned oil company.

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ELATED THROUGH TEXT

North Korea—A woman in a North Korean city is seen smiling and holding a mobile phone to her ear.

Jakarta to Thaksin: Show evidence on Thailand-based militants

MANILA—Thailand's new government has asked Indonesia to show evidence on Thailand-based militants.

Reporting to a working group on the Thai-Indonesian border, the new government has asked Indonesia to show evidence on Thailand-based militants.

"The problem is that most of the evidence is in the hands of the Thai government," said a Thai official.

country's southern province also had a large number of militants.

found in Indonesia," Thaksin said in his weekly radio address.

of the militants and was cooperating with Bangkok.

ADB sees RP growth at robust 5.9% in '04

By Derek C. Dundee

THE PHILIPPINE economy will likely grow by 5.9 percent this year, but the expansion will slow down to 4.7 percent in 2005 due to a more difficult global environment, according to a regional report released by the Asian Development Bank yesterday.

In its December issue of *Asia Economic Monitor*, which must go into print before the end of the year, the ADB report upgraded the outlook for the Philippines' gross domestic product (GDP) following a better-than-expected growth of 5.5 percent in the last three quarters of the year.

Supported by strong personal consumption, and, to a lesser extent, exports, the ADB report upgraded the outlook for the Philippines' gross domestic product (GDP) following a better-than-expected growth of 5.5 percent in the last three quarters of the year.

"With economic expansion slowing partly due to high oil prices and weaker export growth in the last quarter, GDP growth in 2004 is forecast to be 5.9 percent. This figure is more than one percentage point higher than the 4.9 percent," the report said.

"The slowing down of the global economy is likely to reduce growth in industrial countries, and the PRC economic downturn is expected to lead to a lower 4.7 percent GDP growth rate in 2005," the report said.

For next year, the Philippines is seen lagging behind other countries in terms of GDP growth. Indonesia (5.3 percent), Malaysia (4.4 percent), Thailand (3.7 percent), Viet Nam (3.1 percent), and PRC (2.9 percent).

However, the country is now performing better than Cambodia (2.3 percent), Laos (1.4 percent) and Singapore (1.4 percent).

The forecast is based on the fact that the Philippines' economic growth is robust, a relatively strong performance around the middle of the year.

Inflation, the latest indicator of the US dollar and other factors of payments, has also improved but also generally supports and supports the dollar.

The report also noted that continued progress in financial and corporate restructuring and improved productivity indicators had reduced the Philippines' financial vulnerability to a 100 and non-performing loan ratio continues to improve, and external debt to GDP ratio continues to improve.

"The key policy challenge facing East Asia over the next year or two is to maintain the robust GDP growth of a time when it is not so rapid," the report said.

"Against the emerging global and regional economic backdrop, an appropriate policy response should have been key components, higher fiscal and monetary policies, greater macroeconomic flexibility, and structural reforms to improve private investment," it said.

East Asia growth highest since 1997 crisis

ADB sees economic growth in the region since the Asian financial crisis in 1997, with the Philippines' growth in the second half of 2004. The Asian Development Bank (ADB) said.

GDP growth was likely to be 5.9 percent in 2004, with a forecast of 4.7 percent in 2005. The report also noted that continued progress in financial and corporate restructuring and improved productivity indicators had reduced the Philippines' financial vulnerability to a 100 and non-performing loan ratio continues to improve, and external debt to GDP ratio continues to improve.

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Gov't seen gaining from Masinloc sale

By Raul S. Marcelo

A P150-million sale of Masinloc Power Corp.'s 100 percent stake in Masinloc, the government is set to receive a return on its investment.

The sale of the Masinloc Power Corp. (MPC) to the private sector is expected to generate a return on investment of P150 million, according to the government.

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Wrong 'Pacific'

TABOR Pacific Co. Ltd. is set to be sold to a private company in the near future, according to the company's chairman.

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LIFESTYLE

The Lifestyle section of the Philippine Daily Inquirer

Send us your feedback:
E-mail: life@pdi.com.ph
or call (02) 8634-1010 (ext. 2144)

Editor: Chela Sanat-Fernando

Love's gifts

"What remains true is the deepest feeling of all, the healing love."

—Eugene Ionesco

THERE are only two great loves on earth—love and fear. And we are free to choose between them.

Though Christmas is the season of love, expression of the spirit of loving is not limited to the season or year. It will rise like a daily routine. Make a bargain with love, one that commits your soul, and all these gifts will be yours.

What love can accomplish

Here is a list of things that love can

do. Take the time to write down all the feelings you associate with each wish. Then, write down what you expect from love.

If you are someone who usually sits, then love will definitely expand and you can harness its power.

• **Love is meant to heal.** Remember all the wounds that need healing, the differences that need to be overcome, the bridges that need to be built. Example: I want to fix my love relationship.

• **Love is meant to restore.** Reconnect a relationship of persons in your life. Example: I want to get enthusiastic to

INSIDE OUT

Gary
Garcia



You can harness the power of love to achieve your goals

my work.

• **Love is meant to make us safe.** Be self-confident in everything you do. Do not let any insecurity affect you. Example: I want to feel safe about my own decisions and actions.

• **Love is meant to give us power.** You have inner strength. Example: I want to reject anger in my life because it weakens me.

• **Love is meant to make us certain.** Not to have doubts. The love certainly was. Example: I want to be sure of my self.

• **Love is meant to connect.** That is, join something. Example: I want to be

business.

• **Love is immortal.** There is no end to love—it simply evolves. Example: I am constantly redefined by love.

• **Love is meant to bring peace.** There's no room for strife and discord because the loving heart is centered in peace. Example: I want peace to reign in my heart.

• **Love is meant to harmonize all beings.** There are no problems love cannot harmonize. All elements are harmonious. Example: I want harmony to inspire my life.

Love's gifts

DECLARATION OF INTEREST

• Love is meant to bring us closer to God. The source of love is a boundless overflowing supply of goodness and abundance. Example: I love God because he is an artist.

If you have accomplished this list, congratulations! You have made a deal with the indestructible part of you... your soul. But my dear friends here will take care of the rest.

You don't have to bother with the fat, or even try to make it come true. There is nothing else you need to do except this one rule:

"When you feel love, tell me it. Spend your heart. Be truthful. Remain open."

You have now aligned yourself with love. After two months, read your list again. You will be surprised at how much you have accomplished.

As Douglas Chapin says, "Nothing is more in line with the most difficult things for anyone to risk and to holding it first in your hands, you spend time that will serve them right."

Comfort: yes

Make it a habit to take a cupful hot grapes
tea with a teaspoon of honey. A daily reg-
imen of this should help prevent colds.

Low Cellular Yield

Add a tablespoon of fresh lemon juice and ginger to a bowl of hot water. Cover your head with a towel and take in all its goodness. Add a drop of peppermint oil if you wish.

Turns and fights for more isn't the answer.

Reference: "The Ash is Love", David
Chase

Gifts for good health

CM Star offers a wide array of aromatherapy products that cleanse, moisturize and release natural fragrances.

Delight your friends and loved ones with soups, sandwiches and omelets with fragrances that can calm, uplift and soothe in your kitchen.

Enjoy aromatherapy using such as: Eucalyptus with Stress, Bergamot with Cinnamon, Spearmint with Oregano, and Ylang with Lemon and Basil.

Glossy, No-Long, lotion and cologne help protect the skin from destructive free radicals caused by pollution, disease and others. They leave a protective coating to shield you from the sun's harmful rays, while gently moisturizing and cleansing your skin.

The direct selling CM has this prominent "word of mouth" side of their instant drinks with herbs is another volume seller. There is another volume seller. There is another volume seller.

Belgian chocolate or Nutella-type Orange Boudoir Mousse. The instant drink contains 11 cleansing herbs that gently cleanse the body.

Persons who have used the product claim to enjoy clear and healthy skin, low to normal cholesterol levels and low risk and overall control.

Multi-flavoring cans drink with
bottle are designed for today's
active lifestyle.

CM Star's products feature natural therapeutic plant blends. Nature's healing power. Easy-to-use natural and synthetic.

The company carries a range of products for health improvement, such as Grape Seed Extract, CoQ10, D-90, Milk Thistle, Diarrhea, Schisandra, and Vitamin E8 capsules.

Visit the CM first-hand office at 36 Vth Ave., Dallas, Texas 75219 and learn more about these products in a live setting. Call 8125667 or 8125688.

These scaps have
fragrances that can calm,
refresh and revitalize... even
excite.

BITTENT drives its coffee
flavor's content 100% cleaning
burbs that gently cleanse
the body

Make your home a soothing haven

WASH STATE is the state, the middle-in-the-road of your day, perhaps, possibly and indeed the air in your home and release your mind with the morning, feeling some of the best (some) moments of the day.

[illegible]

lower and partly by means of wild
herbivore faunas, concentrations

Look for the most fun-loving side: there is never a happier side to the San Jose area in California. It's Miami and all the fun, sun and modern in feeling, shopping, music, culture.

See Best entries are located at
Shapiro Lib., 1M North Side, 3M
North Side Annex, 5M Magrath
Bldg. E, 1M South, 2M University.

MM Books, Old City Books, Robinson's Galleria, Robinson's Place Books, Robinson's Records, Robinsons Big & Capones de Oro, Asala Green Books, Graham's Mail Booked, Graham's Mail Books, Graham's Mail, NO. Pacific Mail Communications and Pacific Mail Express.

Check out the newly opened mall at Robinson Place Plaza, Robinson Merit One and Tropicana Centre Mall.



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IS IT alien abduction?

/C5

LIFE STYLE

The Inquirer's e-mail is at Mail@inquirer.com.ph
 See us your favorite
 newspaper every day (except on
 2007 January 1st & 2nd)


Cheap treadmills may not be able to support your weight properly in the elevated position

Treadmill buying guide

Part Two

YOU can increase the intensity of your workout without having to walk faster by increasing the elevation of the treadmill. Look for an automatic electric incline feature that can raise the machine by at least 10 percent. Usually, the higher a machine can incline, the more expensive it is.

Cheap treadmills use a manual raise with hydraulic pistons to elevate it. These treadmills may not be able to support your weight properly in the elevated position.

A treadmill should reach a top speed of at least eight miles per hour. If you are a serious runner, look for a higher speed capability.

The incline and speed buttons should respond quickly when pressed. You don't want a sluggish response when you want to slow

WELL AND GOOD

Tina Asan



down or speed up the machine especially when you are running fast.

The belt should support smoothly and not wobble or shake. The same goes for the mechanism when the treadmill is raised or lowered.

Display console

The display console should be large and high enough so you can read the numbers and figures without having to look down, which can cause dizziness.

An average console will display speed,

pulse, incline, time, distance, heart rate and calories burned. Numbers should be easy to read.

It is nice to have a reading ledge so you can read while you work out and side trays for a water bottle, portable music device or a towel.

Programs

All treadmills have a manual program that lets you start the machine by just pressing a button, then adjusting the speed and incline as you wish. Pre-set programs range from simple to advanced. The more advanced the programs are, the more expensive the treadmill will be. But you may not need all the programs.

On the other hand, as you become more fit, you may want more challenging workout programs.

The treadmill should allow you to switch

Is sleep paralysis like alien abduction?

Pete

I HIER later, Elise R. Jones of Mendocino County said, "My experience with sleep paralysis have always been very frightening, to the middle of my sleep I suddenly wake up... paralyzed. I could not move my body and when I try to scream, nothing comes out of my mouth. Then I hear a buzzing noise, none of the time an entire voice calling my name."

"Yes and feel the presence of a dark shadow over my bed, and my chest is so heavy, as if someone is lying on it. There is a sense of being in an evil dimension upon me whenever it happens again. It happens once a month. It's lucky there's a few months still past before it happens again."

The experience indicates you really got out of your body. These are typical characteristics of an out-of-body experience, then feeling and seeing a dark shadow figure and

the business on your chest may give a possible warning as someone is in your space.

Are there any manifestations in your home? If so, you may want to have it checked on immediately.

The buzzing sound is often heard by people whose actual body is not the physical body. Sometimes they hear and hear the actual sound. Sometimes a peeping sound is heard before the actual body's detaching from the physical body.

If you don't panic, nothing is really bad happening, it's something difficult if you feel some strange physical body. You will unconsciously if you have an

interesting to researchers. "It is a three-part which has been related to sleep paralysis that are of particular interest to researchers of OBE (out-of-body experience) who have concluded that sleep paralysis is a condition that sometimes accompanies the transition of the actual body from the physical."

"The technical term for this

INNER AWARENESS

James L. Llewellyn

conscious of not being able to move the body while in an OBE, is a positive condition. It is a foreign phenomenon that even has the potential to be very useful in a subconscious perception."

The above condition is not evil. But it is the first time I've heard of a sleep paralysis being a positive condition.

Alien abduction? "Dr. Gerson, assistant professor of psychology at the University of Minnesota, Canada, and is a very interesting person. He has been studying out of the OBE (out-of-body experience) and has concluded that sleep paralysis is a condition that sometimes accompanies the transition of the actual body from the physical."

"The technical term for this

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EXERCISE OF THE WEEK

Lunge to hamstring stretch



IN THE LUNGE position, the front of the hips and thighs are stretched, while in the hamstring position, the back of the thighs are being stretched.

1. Stand with feet hip-width apart.
2. Step your left foot back, with your right foot forward. Make sure you have a stretch in the front of the thigh.
3. Bend your right knee, with your left foot forward. Make sure you have a stretch in the front of the thigh.
4. Hold for 15-20 seconds.
5. Then, imagine your left leg is not your right leg. Instead, lean forward from the hip joint and stretch your back leg.
6. Hold for 15-20 seconds.
7. Repeat if you want.

Performance tips:

1. In the lunge position, keep your knee in line with your foot. If your knee is not in line, then you are putting too much stress on your knee.
2. In the hamstring position, lean forward from the hip joint and stretch your back leg. Make sure you have a stretch in the back of the thigh.



Asian Pro's hair care products differ from those of their European and American counterparts.

Made-to-order for the Asian woman

PROCTOR & GAMBLE has developed a new hair care line for the Asian woman.

The new hair care line is called Asian Pro's. It is a new line of hair care products that are specifically designed for the Asian woman.

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with Asian hair and skin types.

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Treadmill buying guide

Consumer

from a great program to manual mode and vice versa without needing any extra steps.

Heart rate monitoring

If you don't want to use a heart rate monitor, you can use a heart rate monitor. It is a device that measures your heart rate while you are exercising.

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heart rate. If you don't want the heart rate, then just a more expensive one with a heart rate monitor. It is a device that measures your heart rate while you are exercising.

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shouldn't get in the way of your walking or running. It is a device that measures your heart rate while you are exercising.

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